



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Spiritual Lunch

April 3rd, 11:45-1 pm
Nashua Country Club
Nashua, NH

Are you looking for a fun way to spend lunch? Enjoy programs and topics designed to inspire and empower you and nurture your spiritual journey. April 3rd's topic is: Setting boundaries and staying positive presented by Lisa



Spring Cleaning

The sun is higher in the sky, the snow is melting and there's a sense of hope in the air. The Northeast is

Law. (David Mackey's presentation has been postponed to the fall). A healthy lunch is included. Email Lisa to pre-register. Please bring business cards for sharing. Cost \$25.

How We Heal: A Holistic Approach to Health & Wellness

April 9th, All Day
The Nashua Country Club
Nashua, NH

Organized by YCD Holistic Healing—How We Heal: A Holistic Approach to Health and Wellness conference brings together more than 150 professionals, community members and healthcare advocates for the first time to explore the evidence behind improved patient satisfaction and results through Complementary and Integrative Care.

Conference attendees will be able to describe and know the difference between eminence-based and evidence-based healthcare, the role of Naturopathic doctors in holistic care, Eastern approaches to understanding what causes mental afflictions, how what we eat is destroying the health and lives of many people and the factors that contribute to disease and inflammation, essential elements of complete, effective healthcare, and more. Attendees have the opportunity to network with leading experts, peers and to meet inspirational speakers. Attendees will receive a Certificate of Attendance with 7 contact hours. For more information and to register, visit www.ycdholistichealing.com. Cost \$150.

ready for spring!

Just as the flowers and wildlife have been dormant throughout the winter, you may feel as though you have been hibernating, too.

If your energy needs a boost, a thorough spring cleaning can help. Shifting furniture, scrubbing your home from top to bottom and removing seldom used items can go a long way toward loosening stagnant energy.

Spring is a great time to evaluate your clutter and the stuff that has accumulated around you.

If you have anything that is unused or unwanted in your home, now's a great time to let it go. Local charities and thrift stores love repurposing your unwanted things. Remember to get a receipt for next year's taxes.

During this process, you may find that letting go of negative thoughts and emotions is easier: Especially if you can identify and remove items that upset you.

As you work in your home and clear out old energy, allow new ideas and insights to come to you. They'll feel as fresh as the warm spring breezes.

Need extra assistance or inspiration? I'd love to help you with spring cleaning and space clearing.

In love and light,
Lisa

Tips to Be More Positive

1. *Smile More*

Goal Setting with Vision Boards

April 23rd, 7-9 pm
The Nashua Country Club,
Nashua, NH

Learn how to attract what you want in the coming year! Lisa will help you gain clarity on your goals and teach you how to set intentions through vision boards. Open to all ages. Workshop cost \$15. All materials included. Email [Lisa](#) to pre-register.

Healing Your Environment

May 28th, 6:30-8 pm
YCD Holistic Healing
1 Prospect Street
Nashua, NH

Your environment can be used to support and nurture healing. Lisa will share how the thoughtful use of artwork, furnishings, colors, natural elements and Feng Shui can enhance wellness and promote healing. She will share simple, inexpensive ideas that you can incorporate in your home and treatment spaces. Focus will be given to both nurturing your own personal health as well as the people you work with. Lisa will tailor the class to the interests of the participants and will provide fixes for your individual spaces. Cost \$40. Email [Lisa](#) to pre-register.

For more information, email [Lisa](#).

2. *Be Thankful for What You Have*
3. *Appreciate People as They Are*
4. *Look at Challenges as Opportunities to Grow*
5. *Surround Yourself with What You Love*
6. *Spend Time in Nature*
7. *Do Things that Bring You Joy*

Would your workplace or group enjoy the kinds of topics covered in this newsletter? I am available for workshops, webinars and public speaking engagements on Feng Shui, Organization, Home Staging, Meditation and Inner Peace. I'd love to tailor a program to your group's interests.